



EXTREME HEAT GUIDELINES

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ABOUT

This document serves as a guideline for CMSA Member-Clubs, Team Officials, Players and Match Officials to assess Extreme Heat at local fields and to provide awareness of potential health impacts.

At the field, it is the responsibility of the respective coaches to monitor local temperatures and consult with the Match Official to determine the status of the game. The Match Official reserves the right to cancel a match based on their assessment of the Extreme Heat and Humidex Value.

EXTREME HEAT ACTIVITY CHART

TO DETERMINE HUMIDEX VALUE:

1. Go to <https://www.theweathernetwork.com/ca> and find your specific location
2. Check the current temperature focusing on the “feels like” temperature which accounts for the humidity in measuring temperature
3. Review the Heat Activity Chart below for appropriate modifications

HUMIDEX VALUE*	DISCOMFORT AT REST	RISK OF OVERHEATING DURING ACTIVITY	ACTIVITY MODIFICATION
Below 24C	None	Low	N/A
25C to 29C	None	Low to moderate	N/A
30C to 34C	Some	Moderate – athletes should be monitored	Games – drink breaks every 30 minutes
35C to 39C	High	High – athletes should be monitored closely	Games – consider reduced game length, reschedule kick-off or cancellation
40C+	EXTREME	EXTREME	ALL ACTIVITY CANCELLED

MATCHES ON ARTIFICIAL TURF

Heat conditions on artificial turf fields typically register at up-to 5 degrees warmer, so modifications may be required at a lower value than identified in the above chart.



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POTENTIAL RISKS OF EXTREME HEAT EXPOSURE

HEAT CRAMPS

Mild form of heat trauma and commonly related to low body sodium and chloride levels.

- Signs and symptoms include weakness, muscle cramps, collapse with low blood pressure.
- Treatment: aim to replace the salt loss - oral or by intravenous if vomiting is a problem.

HEAT EXHAUSTION

This is a more severe medical event.

- Signs and symptoms include weakness, irritability, collapse and inability to sweat adequately to promote body cooling; may proceed to heat stroke.
- Treatment: remove the athlete from the activity to a cool environment, use ice baths, fans.

HEAT STROKE

THIS IS A MEDICAL EMERGENCY due to a failure of the heat-controlling mechanism. It may occur merely as a result of exposure to heat.

- Signs and symptoms include mental confusion, headache, poor coordination, delirium, convulsions. The body temperature may be 106F / 40.5C or higher, the skin is usually hot and dry as the sweating mechanism has failed.
- Treatment: Call 911 and transport to a local hospital. Rapid cooling is the goal using wet towels, spray mist, sponge baths and removal from the heat. This condition could cause the athlete to go into shock and coma may follow; immediate medical attention is required.

RESCHEDULING

Please follow the 'Rescheduling Due to Weather/Field Closure' procedures found under '[Game Rescheduling](#)' on the CMSA website.